

## **First Aid Kit**

Accidents can happen anytime and anywhere. In a major disaster, there could be serious injuries and little or no immediate response from medical personnel. There are many companies that make individual and small group first aid kits.

Here is an example of the contents of a small first aid kit:

- 3 - Dressing Sterile 4" x 7"
- 1 - Bandage Muslin 37" x 37" x 52"
- 4 - Bandage 2" x 2"
- 12 - Elastic Bandages 3/4" x 3"
- 2 - Bandage Gauze 3" x 6 yd
- 2 - Adhesive Tape 1" x 1 1/2 yd
- 4 - Eyepads Sterile
- 8 - Adhesive Strips for Eyepads
- 12 - Providone - Iodine Wipes
- 12 - Antiseptic Ointment
- 7 - Ammonia Inhalants Ampuls
- 30 - Ibuprofen 200mg Tab

This first aid kit would be sufficient to handle most situations for two to three people and would be the type you would want to have in your vehicles. The size of the first aid kit you need would depend on the size of the group you need to support and the situation. As an example, a first aid kit carried by a professional forester could have more cut and broken bone related items than the first aid kit carried by a fire department, which could have more burn related items.

## **Protection (Self Defense)**

Civilization has a very thin veneer that is normally regulated by laws and controlled by a law enforcement presence. In the case of disasters and major emergencies, there is often a break down in society because the law enforcement presence is overwhelmed. One just has to look back at the riots in America and the recent riots in Europe to see what can happen. The need to protect yourself is even greater in a rural area where the number of law enforcement personnel is fewer and they are spread over a greater distance. There is also the added danger of encounters with animals.

The best defense against predators, after obtaining a habitat with solid walls that is securable from the interior, is a firearm. While the personal choices of firearms are many, I would recommend two types of firearms, a pistol and a shotgun, for overall protection.

### **Pistols:**

In a number of general surveys of gun owners, the best overall pistol was determined to be a .357 magnum revolver. The reasons for this were:

1. Ease and reliability of operation, and;
2. Cost effectiveness, and;
3. Stopping power.

Revolvers are tried and true weapons and the .357 magnum chambers both the .357 magnum round and the .38 Special round. The .357 round has good stopping power while the .38 Special is less expensive and allows for more cost effective practice.

### **Shotguns:**

I would also recommend a 12 gauge pump-model shotgun with interchangeable barrels. One barrel for buckshot and one barrel for slugs. The buckshot barrel can be used for self-defense and for hunting fowl and the slug barrel can be used for self-defense and hunting larger game.

### **Training:**

If you are new or inexperienced with firearms, most gun clubs offer classes in safe handling procedures and practices. Contact a local gun club and find out if courses are available in your area.